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#755 Pru
Reserve

UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
Washington, D. C.

PRUNE RECIPES

Prunes are a year-round food. They have good keeping qualities, are inexpensive, and lend themselves to many uses in the meals of the day.

Prunes are a good source of vitamin A and a fair source of vitamins B and C. They also contain a fair amount of calcium and are a good source of iron.

Many suggestions for the use of prunes can be found in cookbooks and printed pamphlets. The following recipes, tested in the Bureau of Home Economics, suggest inexpensive ways to use prunes in a low-cost diet.

STEWED PRUNES

Soak the prunes in enough hot water to cover them, for 1 hour. Cook until tender in the water remaining from soaking. Two tablespoons of sugar for each cup of prunes may be added for the last 5 minutes of cooking, if desired. Grated orange peel may also be added.

For spiced prunes add a little spice and vinegar toward the end of the cooking. Serve with meat.

Either whole or pitted stewed prunes may be served hot on a vegetable plate. For variety, sprinkle grated cheese over the top of the serving of prunes.

Stewed prunes may also be served with cooked cereal, such as rice, wheat, corn meal, or other breakfast cereals. Or they may be chopped and cooked with the cereal the last 5 minutes.

(over)

PRUNES IN COMBINATION

With Fruit

Cook 1 quart of sliced apples and about 3 sliced onions in hot fat until the onion is wilted and the apple tender. Stir frequently. Add 1-1/2 cups cooked, pitted prunes and a little salt and continue cooking until the prunes are heated. Serve hot.

In Salads

Combine 1 cup cut prunes with 2 cups diced raw apple, or with 1 cup shredded raw cabbage and 1 cup shredded raw carrots. Use enough well seasoned dressing to moisten, and mix lightly.

Stuff cooked, pitted prunes with seasoned cottage cheese. Serve on chopped cabbage or other salad greens with a little dressing.

In Sandwiches

Mix chopped, cooked prunes with cottage cheese, with peanut butter, or with a little chopped onion. Spread on bread for sandwiches.

For hot sandwiches combine 1-1/2 cups chopped, cooked prunes with 1/2 cup of grated cheese, and season with salt to taste. Make sandwiches and brown them on both sides in a little hot fat, or spread the prune and cheese filling between slices of hot toast.

In Desserts

Cooked prunes may be used in cornstarch, tapioca, rice, or other cereal puddings, or made into other combinations suggested in the recipes that follow.

PRUNE AND APPLE BETTY

| | |
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| 1 cup cooked prunes | Salt |
| 4 or 5 cooking apples | 1/2 cup liquid in which prunes were cooked |
| 2 cups bread crumbs | 1/4 cup sugar |
| Fat | |

Pit prunes and cut into large pieces. Pare apples and slice very thin. Heat fat in frying pan, add apples and bread crumbs and fry and stir until apples are slightly tender. Add prunes, salt to taste, liquid and sugar and cook and stir until apples are entirely tender. Serve hot or cold, plain or with milk.

PRUNE DUMPLINGS

| | |
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| 1-1/2 cups cooked prunes | 3 teaspoons baking powder |
| 2-1/2 cups water | 1/3 teaspoon salt |
| 1/2 cup sugar | 2/3 cup water |
| 2 cups flour | |

Remove pits from the prunes. Combine with the water and sugar in a pan, and bring to a boil. Sift flour, baking powder, salt, add 2/3 cup water and mix. Drop by small spoonfuls onto boiling mixture. Cover and cook about 8 to 10 minutes. Keep fire low enough so that mixture will not burn, but will be boiling. Serve hot.

PRUNE CAKE

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| 3 cups soaked prunes (chopped) | 3 cups sifted flour |
| 2 cups brown sugar | 1/2 teaspoon soda |
| 2 cups boiling water | 4 tablespoons fat |
| 1 teaspoon salt | (Cinnamon, or other spices |
| 2 teaspoons baking powder | may be added, if desired.) |

Mix the sugar, water, prunes and salt, boil for 5 minutes and add the fat. Cool. Sift the baking powder, soda, and spices, with the flour and stir into the first mixture. Pour into a pan lined with greased paper and bake in a very moderate oven for one hour. As with other cakes made with brown sugar, this cake will tend to scorch if the oven is too hot.

